

# THE CENTER UPDATE

August 2013

Cathy Haskell, Senior Center Manager

817-952-2326

## **Dates To Remember**

August 7 & 13 – Ice Cream Day

August 14 – NARFE Meeting

August 19 – Senior's & Adult Children

August 26 – Understanding Medicare

## **Bingo Night**

Special Thanks to United Healthcare representative Tracey Anderson for sponsoring our Bingo Night last month. The staff would also like to thank Peggy Barker from Emeritus at Eden Estates for donating the Bingo Set. Stay tuned for an upcoming Bingo Night.

## **Legion Of Honor**

Congratulations to Mr. Thomas Quigley for receiving the honor of Chevalier in the Legion of Honor. This award is presented to "Persons of exceptional merit" in order to acknowledge their services rendered to France. Mr. Quigley was part of the liberation of France in WWII by allied forces. We would like to thank you for all that you have done Mr. Quigley.

## **Handicap Parking**

Please remember to use your handicap hanger when parking in the handicap spaces. If you do not have a handicap license plate you must display your parking permit visibly.

## **Ice Cream Wednesday**

Come beat the heat with us on Wednesday August 7<sup>th</sup> & Tuesday August 13<sup>th</sup> at 11am by enjoying a cold scoop of Blue Bell ice cream.

## **Monday Night Dance**

Join us every Monday night for a fun filled evening of live music, dancing and refreshments. Dances are held from 7pm – 9:30pm and prices are \$5 per person.

## **Flu Shots**

This year Walgreens Pharmacy will be giving flu shots at the Senior Center on September 10<sup>th</sup>. Shots will be free for individuals with part B or D Medicare coverage. Flu shots will be given from 9am – 12pm. For more information or questions please call 817-952-2326.

## **Understanding Medicare**

Physicians Mutual will be providing a short seminar on how to enroll in Medicare, what it covers & how to control your out-of-pocket costs. Light refreshments will be provided. This seminar will be held on August the 26<sup>th</sup> from 11am-12pm. Please register at the front desk or by calling 817-952-2320.

## **Seniors & Their Adult Children**

Ashwood Assisted Living will be hosting a seminar on Conversations with seniors and their adult children. The seminar will be held at the Bedford Senior Center on August 19<sup>th</sup> at 9:00am. The seminar will cover how to address driving safety, planning for the future, and managing health and home. Please register at the front desk or by calling 817-952-2320.

The Center Update – Bedford Senior Activity Center  
August 2013

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
<p><b>5</b></p> <p>8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Gary Lee</p>	<p><b>6</b></p> <p>8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	<p><b>7</b></p> <p>8am-5pm – Ceramics &amp; Pool 8:30-10:30am – Blood Pressure 9am-1pm – China Painting 9am – Exercise 11am-1pm – Ice Cream Day 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar</p>
<p><b>12</b></p> <p>8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Bill G Band “Luau”</p>	<p><b>13</b></p> <p>8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 11am-1pm – Ice Cream Day 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	<p><b>14</b></p> <p>8am-5pm – Ceramics &amp; Pool 9am-1pm – China Painting 10am – NARFE 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar</p>
<p><b>19</b></p> <p>8am-5pm – Ceramics 8am-noon – Pool 9am – Seniors &amp; Adult Children 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Blue Diamond Trio</p>	<p><b>20</b></p> <p>8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	<p><b>21</b></p> <p>8am-5pm – Ceramics &amp; Pool 9am-1pm – China Painting 9am – Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar</p>
<p><b>26</b></p> <p>8am-5pm – Ceramics 8am-noon – Pool 11am-noon – Understanding Medicare 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Russ Dorsey</p>	<p><b>27</b></p> <p>8am-5pm – Ceramics 8am – Pool, Quilting, “84” 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle, 12:30pm – Duplicate Bridge 1pm – Dominoes</p>	<p><b>28</b></p> <p>8am-5pm – Ceramics &amp; Pool 9am-1pm – China Painting 9am – Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar</p>

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<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> 8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	<b>2</b> 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar
<b>8</b> 8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	<b>9</b> 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar
<b>15</b> 8am-5pm – Ceramics 8am – Pool, Quilting 8:30-10:30am – Blood Pressure 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	<b>16</b> 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar
<b>22</b> 8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	<b>23</b> 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar
<b>29</b> 8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	<b>30</b> 8am-5pm – Ceramics 8am – “84” 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar

**CENTER PHONE NUMBERS**

Cathy Haskell, Manager  
817-952-2329  
Jared Blake: 817-952-2320  
Betty Youngman: 817-952-2325  
Dale Dawson: 817-952-2328



**Dances**

**August 5**

Gary Lee

**August 12**

Bill G Band  
(Luau Theme)

**August 19**

Blue Diamond Trio

**August 26**

Russ Dorsey

**AARP**

No Meeting

**NARFE**

Wednesday, August 14<sup>th</sup>

**Blood Pressure Checks**

1<sup>st</sup> Wednesday &  
3<sup>rd</sup> Thursday

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**Healthcare  
Resources**  
Home Health Services

**The only Home Health Resource  
you will ever need ♥**

*HealthCare Resources offers a complete range of quality home care services.*

**OUR SERVICES & SPECIAL PROGRAMS INCLUDE:**

♥ Skilled Nursing

♥ Home Health Aides

♥ Physical Therapy

♥ PT/INR In Home Testing

♥ Medical Social Services

♥ Wound Vac

♥ Occupational Therapy

♥ Pain Management Program

♥ Speech Therapy



2225 E. Randol Mill Rd. #400  
Arlington, TX 76011

**FREE CONSULTATION! 817-633-2273 • 866-391-5273** - Toll free  
Medicare | Private Insurance • [www.hcrhomehealth.com](http://www.hcrhomehealth.com)  
Services Available 24/7 in DFW and Surrounding Areas

Bedford Senior Activity Center  
2000 Forest Ridge  
Bedford, TX 76021